

Dental Emergencies



Protect Your Child's Smile

Keep this chart with your first aid kit or post it in your classroom.
Use it as a guide for tooth and mouth injuries.

Emergency	What To Do?
Toothache	<ul style="list-style-type: none">• Take the child to a dentist as soon as possible.• Do not use heat or place aspirin on aching teeth or gums.
Permanent Tooth Knocked Out	<p>If a tooth is knocked out, it can be saved if you act quickly.</p> <p>Do this:</p> <ul style="list-style-type: none">• Find the tooth.• Don't pick the tooth up by the roots.• If the tooth is dirty, rinse it with warm water.• Do NOT scrub the tooth.• Attempt to reinsert the tooth into its socket. Gently bite down on gauze or other soft material to stabilize the tooth and absorb bleeding.• If you can't put the tooth in the socket, put the tooth in saliva, whole milk or a saline solution. The tooth must not dry out.• Take the child and the tooth to the dentist right away. The child needs to be seen within the hour.
Baby Tooth Knocked Out	<ul style="list-style-type: none">• Do NOT put a baby tooth back in its socket.• Put the tooth in milk or water.• Take the child and the tooth to the dentist right away.
Broken Tooth	<ul style="list-style-type: none">• Using warm water, gently clean away dirt or debris in the area of the injured tooth.• If there is swelling, apply cold compresses to the area.• If there is bleeding, apply direct pressure to the bleeding area with a clean cloth.• Go to the dentist right away.
Bitten Lip or Tongue	<ul style="list-style-type: none">• If there is bleeding, apply direct pressure to the bleeding area with a clean cloth.• If there is swelling, apply cold compresses to the area.• If bleeding continues, take the child to the dentist or pediatrician.

Safety Tips for Preventing Dental Injuries in Children



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Cause of Injury	How to Prevent	Possible Danger Areas*
Shoving/Pushing	<ul style="list-style-type: none"> No shoving or pushing 	Drinking fountain
Falls/tripping	<ul style="list-style-type: none"> Walk, do not run. Be careful not to trip others. Clean up toys, objects and spills. 	
Falls on stairs	<ul style="list-style-type: none"> Use the handrails. Walk slowly. 	
Car accidents	<ul style="list-style-type: none"> Use weight-appropriate car seats. Wear seat belts. 	
Falling off tricycles and bicycles	<ul style="list-style-type: none"> Wear a helmet. 	
Falling off playground equipment	<ul style="list-style-type: none"> Stay seated in a swing. Do not jump under or walk in front of a swing. 	
Walking or running with something in the mouth	<ul style="list-style-type: none"> Together, make a poster with pictures of the only things that should go in your mouth. Hang the poster where your child can see it. 	
Biting hard objects	<ul style="list-style-type: none"> Together, make a poster with pictures of the items you shouldn't bite, such as ice or pencils. 	

* Note: When you use this chart, fill out the "possible danger areas" column for places in your environment that might be dangerous. Copy the chart to send home. Ask parents to fill in the places at home that might be dangerous.

DID YOU KNOW?

- The upper front teeth are the teeth most affected by accidents.
- The teeth and gums in the back of the mouth are usually injured by chewing on pencils or ice, or by cracking nuts.